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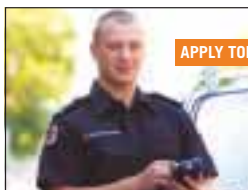


# REGINA metro®

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## A SARAH SPIES A SPY ...

A CONVERSATION BETWEEN SHANNON AND MR. XU CAUSES A REAL MISUNDERSTANDING **PAGE 11**



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# It's on

The big weekend has arrived. Hamilton Tiger-Cats quarterback Henry Burris, left, and Saskatchewan Roughriders quarterback Darian Durant will go head-to-head on Sunday in the 101st Grey Cup, to be played at Mosaic Stadium.

**SEE COVERAGE ON**

**PAGES 3, 4 & 23-29**

## Pot privacy breach

Health Canada outs 40,000 medical marijuana patients with indiscreet envelopes displaying names and addresses **PAGE 5**

## Camelot, 50 years on

Solemn events are planned throughout the U.S. to mark the half-century since JFK's assassination **PAGE 8**

## To the death! And Part III!

Catching fire with mature audiences, too: Reel Guys are impressed with The Hunger Games' 'gritty' sequel **PAGE 13**



PHOTOS: THE CANADIAN PRESS; PHOTO ILLUSTRATION BY DAVID VAN DYKE/METRO

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# Fans pretty chill about icy temperatures at Cup events

## Toughest fans around.

Brisk -19 C day not an issue for a city riding high on Rider success



MARCO  
VIGLIOTTI

marco.vigliotti@metronews.ca

Frigid temperatures were not enough to keep football fans in the Queen City from going big on the celebrations.

After enduring a fiercely cold start on Wednesday, the Grey Cup festival saw another brisk day on Thursday, with temperatures dropping to -19 C with the wind chill in the early evening hours.

Nevertheless, thousands of people flocked to downtown Regina for the second day of festivities, taking in

live music, enjoying interactive games and rubbing elbows with some of the sport's all-time greats.

"It's a big deal that it's the Grey Cup and the Riders are in it," fan Debbie Hoepfner said as she explored the events in Victoria Park.

"I wanted to see some sights and see what's going on — I heard there was some really cool stuff here in the park."

The fact that the Roughriders are playing in the title game against the Hamilton Tiger-Cats is an enormous lure for fans, agreed Regina native Bonnie Farkas.

"It makes it more of a drawing point," she said, noting that she has enjoyed herself at the festival so far.

"It's a friendly atmosphere ... Regina is very friendly."



Regina natives Debbie Hoepfner and Bonnie Farkas take in the Grey Cup festival events Thursday. MARCO VIGLIOTTI/METRO

## Dedication

"This isn't cold; it's nice out here today. But, if it was cold, we'd still be here!"

Laureen Schmidt, who is attending her 11th Grey Cup.

## The dino ate my baby!

### From dug up to down under — Scotty the T. Rex on display in Australia

Scotty the Saskatchewan Tyrannosaurus Rex is about to have a new audience.

A full-sized replica of the dinosaur uncovered in the Frenchman River

Valley near Eastend is being shown at the Australian Museum in Sydney.

The skeleton is an exact copy of the one made for the Royal Saskatchewan Museum.

That replica was unveiled last March at the T. Rex Discovery Centre in Eastend.

The Australian exhibit showcases 10 life-sized dinosaur specimens that

include a newly discovered feathery relative of the T. Rex found in China.

The first pieces of Scotty were unearthed in 1991.

He remains one of the most complete specimens ever found in the world.

Scotty is about six metres tall and more than 12 metres long, with a huge skull approaching two metres in length.

THE CANADIAN PRESS

## Transparency

### Province pitches lobbyist registry

The Saskatchewan government has introduced legislation that would require paid lobbyists to register their activities online.

The government says that would ensure they were publicly accountable for their actions.

The proposed law would cover people paid to lobby elected officials on behalf of organizations or groups.

Justice Minister Gordon Wyant says in a release that voters should know who is lobbying the government.

He also says the proposed legislation recognizes that lobbying public office holders is a legitimate democratic activity.

THE CANADIAN PRESS



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1 NEWS

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## Fans predict Green and White triumph

Regina is already party central with countless celebrations being held in advance of Sunday's Grey Cup game between the hometown Saskatchewan Roughriders and the Hamilton Tiger-Cats. But what about the big game itself? Metro's Marco Vigliotti got some local predictions:



**Kyle Lepke**

16-12 for Saskatchewan. It will be a low-scoring game because it is cold out and people will be running slowly. The star of the game is either going to be Weston Dressler or (Chris) Getzlaf.



**Kyle Gauthier**

29-13 for Saskatchewan. We have an explosive offence and if our defence can hold Calgary to a low amount of points, they'll hold Hamilton to even lower than that. The crowd is going to be crazy!



**Amanda Thicke**

The Riders are going to win because they're adapting to the cold and they're awesome! We got the support behind us and the green in the stands is going to be the big difference.



**Connie Herman**

Saskatchewan's going to win. We got the best team right now, I think we got a chance to win, no problem. The fans are behind (them) and they're going to adapt to the weather.



**Cam Thicke**

The Riders are going to win by 10 points. It will be a good game either way but I think the upper hand goes to the Riders. You got the crowd, the atmosphere and after the win in Calgary last weekend, we got the drive and strength.



**Teresa DiMonzo**

32-10 for Saskatchewan because the Riders are playing strong. They're playing like they were at the start of the year when they were racking up more than 30 points a game.

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# Many medical marijuana users feeling outed by Health Canada

**Panic mode.** Mass mailing identifying recipients as pot smokers has some patients upset



**TREVOR GREENWAY**  
Metro in Ottawa

Tens of thousands of medical marijuana patients across the country are receiving a mass mailing from Health Canada exposing them as medicinal cannabis users, and many are now in panic mode.

The letter, which Health Canada says was sent to 40,000 people, comes in a white envelope, and has a return address with the words "Marihuana Medical Access Program" written across the top, followed by the patient's name and address. Many say

their privacy has been violated and fear their houses may be robbed and their home growing gardens targeted.

"I'm outright panicked," said Multiple Sclerosis patient Suzi Berardini, who also suffers from trigeminal neuralgia. She said the mailman who dropped the letter off "smirked" when he handed her the envelope. "It's terrifying. So many levels of terrifying."

Laurie MacEachern, who represents medical marijuana patients as director of the Medicinal Cannabis Patients' Alliance of Canada Inc., said she is "supremely" concerned about the information being released to the public.

"One patient said she got her mail and the delivery man said, 'I didn't know you smoked,'" said MacEachern.

MacEachern said previous letters did not have the word "marijuana" on it.



Laurie MacEachern, director of Medicinal Cannabis Patients' Alliance of Canada Inc., is angry over Health Canada exposing her and others as participants in the medical marijuana access program. RIGHT: A closeup of the envelope sent to Ottawa pot activist Russell Barth (his first name is Lorne). COURTESY LAURIE MACEACHERN

Almost a dozen other medical marijuana patients called Metro with similar concerns. Most weren't willing to com-

ment on the record for fear of being exposed even further.

Health Canada Deputy Minister George Da Pont said

the format of the mailing was the result of an "administrative error." He said the letters outlining changes to the Mari-



## Response

**"This is not standard Health Canada practice."**

Health Canada Deputy Minister George Da Pont, in an email to Metro, who called the format of the mailing an "administrative error," and said "protection of personal information is of fundamental importance."

huana Medical Access Program, which take effect next spring, were sent to 40,000 patients.

"This is not standard Health Canada practice," he wrote in an email to Metro.

"On behalf of Health Canada, I deeply regret this administrative error. Health Canada is taking steps to ensure this does not happen again. Protection of personal information is of fundamental importance to Health Canada. We are in discussion with the Office of the Privacy Commissioner of Canada."

## Political theatre

**Ford's future up to T.O. voters, but he shouldn't get my job, says Harper**

Prime Minister Stephen Harper is speaking out for the first time on Toronto Mayor Rob Ford — and keeping his tongue planted firmly in his cheek.

Harper jokes that he's heard Ford say publicly he wants to be prime minister, a notion Harper says he clearly can't support.

But when it comes to

the Toronto mayor's future, Harper says that's for the voters of that city to decide.

"I've heard Mr. Ford's statements to the effect that he would like to become prime minister of Canada; obviously this is not something I'm in favour of," Harper said. "In terms of his future in Toronto, that is for the residents of Toronto to decide."

Harper says the Conservatives' position is clear: There are strict drugs laws in place, and no one should be buying or using illegal drugs, especially politicians.

THE CANADIAN PRESS

# Senators rattled by RCMP tale of PMO meddling

Rattled Conservative and Liberal senators say they're trying to come to terms with the RCMP's description of meddling by the Prime Minister's Office in the upper chamber's business.

The 80-page court filing by the Mounties became required reading around the Senate this week. Emails back and forth suggest Ste-

phen Harper's staff and his top senators helped to manipulate a Senate committee and its report into former colleague Mike Duffy's contested living expenses. The group also tried to quash an independent audit commissioned by the Senate.

"I am a strong believer in the independence of the institution and I think it's

something we're all going to have to reflect upon in terms of going forward and how that relationship (with elected officials) should be structured," Conservative Sen. Bob Runciman said Thursday.

Liberal senators are also reading the documents with interest, and considering if anything should be done on

the floor of the Senate.

"I've read the documents. I find parts of them very disturbing indeed, but beyond that I don't really want to comment," said deputy Liberal Senate leader Joan Fraser.

"It's going to take a little while to work through all of this and figure out what the ultimate implications are."

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# Women freed from 30 years of captivity

**Two suspects arrested, three victims rescued.**

London police say domestic slavery possible motivation

Three women have been freed after spending 30 years held captive in a home in south London, England, including one woman believed to have spent her entire life in domestic slavery, police announced Thursday.

London's Metropolitan Police spoke about the rescues after two people — a man and a woman, both 67 — were arrested early Thursday on suspicion of forced labour and domestic servitude.

The arrests were part of a slavery investigation launched after one of the captives contacted a charity in October.



Kevin Hyland, of the Metropolitan Police's human trafficking unit, speaks to the media Thursday.  
SKY TV/THE ASSOCIATED PRESS

Those freed on Oct. 25 are a 69-year-old Malaysian woman, a 57-year-old Irish woman and a 30-year-old British woman, police said.

Police would not speculate on any possible motivation, name the suspects' national-

ities or say if any of the suspects were a couple.

The revelations raised numerous questions — all still unanswered — about the women's ordeal.

The women — whose names have not been released — are now safe at an undisclosed location in Britain and have been working with severe trauma experts since their rescue, said Kevin Hyland, head of the Metropolitan Police's human trafficking unit.

Hyland said while the women had some "controlled freedom," police were still working to establish what sort of conditions they lived under for the past 30 years.

He said his unit, which deals with many cases of servitude and forced labour, had seen previous cases of people held for up to ten years.

"But we've never seen anything of this magnitude before," he said.

THE ASSOCIATED PRESS



## Holy smokes, a new island!

A volcano bursts off the water and throws up a tiny new island off the coast of Nishinoshima, a small, uninhabited island south of Tokyo. Japanese officials said Thursday they'd be happy to have a wee-bit more territory if the Pacific Ocean doesn't wash it away. KYODO NEWS/THE ASSOCIATED PRESS

### Quebec

## Police nab 28 in child porn bust

Quebec provincial police say they've arrested 28 men in a sweeping crackdown on on-line juvenile pornography.

Authorities have seized 28 computers and filed 61 charges, including possession, distribution and production of child pornography.

THE CANADIAN PRESS

### One last shot

## Supreme Court to hear Quebec gun registry appeal

The Supreme Court of Canada agreed Thursday to hear a Quebec appeal to keep its provincial gun registry data.

Records of more than five million long guns in other provinces and territories were fully destroyed a year ago, but a series of court battles has preserved Quebec — the birthplace of the registry — as the last holdout.

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## PROTECTING THE PRESIDENT, THEN AND NOW

Fifty years ago, the U.S. Secret Service failed to protect the president. Metro examines the state of JFK's security detail and compares it to how Barack Obama is protected today.

### JFK'S CAR ON NOVEMBER 22, 1963



### 2009 Cadillac Presidential Limousine (aka "The Beast")



### OBAMA'S CAR TODAY



# Events planned to mark JFK's death

**Half a century later.**  
The 35th U.S. president was fatally shot on Friday Nov. 22, 1963

The 50th anniversary of the assassination of President John F. Kennedy will be marked by solemn events in multiple U.S.

cities on Friday.

In Dallas, where Kennedy was shot while riding through the city on Nov. 22, 1963, a ceremony will include brief remarks by the mayor and the tolling of church bells.

In Boston, the JFK Library and Museum will open an exhibit of never-before-displayed items from Kennedy's state funeral and host a musical tribute

that will be closed to the public.

And in Washington, President Barack Obama will meet privately at the White House with leaders and volunteers from the Kennedy-established Peace Corps program.

About 5,000 tickets were issued for the ceremony in Dallas' Dealey Plaza, which is flanked by the Texas School Book Depository building where alleged sniper Lee Harvey Oswald was said to be perched in 1963.

Other events include a ceremony at Parkland Memorial Hospital, where Kennedy was declared dead, to lower the U.S. flag to half-staff.

THE ASSOCIATED PRESS



Clare Calvin, left, touches up the wax figure of U.S. President John F. Kennedy at Madame Tussauds in London on Thursday.  
LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

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## Privacy. LG smart TV collecting viewing habits without consent: Blogger

LG Electronics Inc. said it is investigating a claim that some of its smart TVs send information on home viewing habits back to the company without consent.

The investigation comes after Jason Huntley, a 45-year-old IT consultant in Britain, detailed in his blog how his LG smart TV logged the channels he was watching and sent the data to LG.

He said the company continued to collect which channel he was watching even after he disabled the information collection feature.

"The (LG) server acknowledges the successful receipt of this information back to the TV," he said in an email. The information appeared to be sent to LG unencrypted, he said.

### Singing a different tune

When Huntley asked LG about the data collection last week, the company blamed a TV retailer for not disclosing the company's terms and conditions when he made the purchase.

Also collected were the names of files saved in an external USB hard drive plugged into the TV as well as the TV's unique identification information.

The world's second-largest TV maker said Thursday that customer privacy is its top priority and takes the issue very seriously. **THE ASSOCIATED PRESS**



LG said it is investigating a claim that some of its smart TVs send information on viewing habits back to LG without consent. AHN YOUNG-JOON/THE ASSOCIATED PRESS FILE

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\$1,243.60 US (-\$14.40)

**Natural gas:** \$3.70 US (+3¢)  
**Dow Jones:** 16,009.99 (+109.17)

### Canada's 1 per cent

## The rich are getting richer

The Thomson and Weston families have seen double-digit growth in their net worth since last year, according to an annual ranking of Canada's wealthiest people. Canadian Business magazine estimates the Thomson family's net worth has grown to 26.1 billion, up 30 per cent from \$20.1 billion last year.

**THE CANADIAN PRESS**

### Canada's 99 per cent

## And the poor are moving for jobs

The number of Canadian workers migrating between provinces in search of jobs has hit its highest level in almost 25 years, according to a Bank of Montreal study. Most are heading to Alberta and Saskatchewan, and leaving from British Columbia, Ontario, Quebec and Atlantic Canada, the study shows. **THE CANADIAN PRESS**

### Pinterest

## The 'Place Pin' marks your spot

Pinterest, the online pin-board, is now letting users add location with "Place Pins." **THE ASSOCIATED PRESS**

### Random biz fact of the day

**39%**

39 per cent of employers have jobs that stay open 4 months or longer due to the inability to find people with the appropriate skills.

**CAREERBUILDER**



Coder Matt Keegan, right, with Kano team member Nathan Miller, and the core components. METRO WORLD NEWS

# Build it and they will come: Kano catches on

**DIY.** The \$99 computer and coding kit surpasses Kickstarter target, with backers such as the Woz

### Quoted

"We want to lower the barrier to entry and empower children."

Kano coder Matt Keegan



**KIERON MONKS**  
Metro World News in London

"Search for the white rabbit," Kano challenges me, providing clues as to where the animal might be. Mere minutes ago, the sleek, orange-fringed computer was a collection of

flat-packed components in a box, but with minimal fuss it has been brought to life, taught to recognize its owner, and now it wants to play.

Built around the Raspberry Pi — a no-frills computer on a single circuit board — the Kano promises to make

us all creative technologists. It is the product of a London computing startup of the same name, and a challenge from company founder Alex Klein's cousin Micah, aged 7, who wanted computer design to be "like Lego." The final product can be pieced together in 107 seconds, costs \$99, and has generated enough excitement to crowd-fund almost triple the original target of \$100,000 within 48 hours, with funders including Apple co-founder Steve Wozniak, a.k.a. the Woz.

**Good Luck Riders in the Grey Cup!**

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**Eldon Lautermilch**  
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## Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 15

metronews.ca/temp

Temps know no borders

We want you!  
For 6 months, max



The shift to temporary employment isn't just happening in Canada. The U.S. is witnessing the same trend.

- America added 913,200 temporary workers since the end of the recession in June 2009 (19 per cent of all new jobs), bringing the number to a total of 2.66 million in April. (U.S. Bureau of Labor Statistics)
- Hiring for permanent full-time workers over the second half of 2013 will remain stagnant and will be consistent with the same period in 2012, according to CareerBuilder, LLC's Mid-year Job Forecast prediction.

PHOEBE HO/FOR METRO

Past less litigious: Bosses

### Lawsuits en route?

A recent survey shows that 69.5 per cent of employers believe Canadian workers are more likely to sue their employers now compared to five years ago. **PHOEBE HO/FOR METRO**

# Temp Recalls the Zombie Walk

I think the AmQex protest got so much press because the zombies that the cops handcuffed and dragged away left behind a wicked trail of slime and body parts.

Andy Kimura, the firm's third partner, was looking at YouTube over my shoulder and said, "I must say, Shannon, bodily remains really look great online." Andy was still woozy from jetlag after being quarantined for bird flu at Beijing Airport.

"Mr. Kimura, shouldn't you be showing the Chinese folks around while they measure stuff?"

"Not me. I'm Japanese."

"Genetically maybe."

"But my name certainly is, and the Chinese aren't so hot on Japan."

I said, "Hey, check this out — Sarah from marketing got 15 seconds with the Channel 3 Roving Reporter." To be honest, I've no idea what Sarah said. All I remember is her trademarked casual hair flip as she smiled while behind her lay a left leg covered in red corn syrup and vinyl black flies.

"Poor Sarah," said Andy. "Today's her last day."

Oh God. "Seriously?"

"That's life, Shannon. As we speak our new Chinese owners are measuring the staff lunchroom with a laser level. We are not a company that is in need of a head of marketing."

"Oh Sarah, I barely knew ye. Does she know it yet?"

"After lunch."

"Life sucks."

It was weird having every sin-

gle surface of the building measured by quiet, methodical people speaking a mystery language. What made it especially odd was how they didn't really seem to notice or interact with the people in the building. It was like they were taking measurements inside a photograph, not a real building. Two guys in the meeting room were assembling a 3D model of the building using data brought in by the measurers.

I found myself missing Mr. Shoeman terribly. I decided to phone him in Beijing, and seeing country code 86 on my desktop phone put me in a better mood. I hoped he hadn't forgotten our plans for the future.

"Hello, Mr. Xu?"

"Hi, hello, yes, whatever — whoever this is, I'm getting a reflexology right now and need to focus my qi energy."

"Mr. Shoeman, it's me, Shannon."

"Ah. Sweetest lily of decadent

**The zombies that the cops handcuffed and dragged away left behind a wicked trail of slime and body parts.**

western imperialism."

"Shoeman, I miss you. When are you coming back?"

"Me so sorry — not understand."

I giggled: "You're still such a dick."

"Hang in there, sweetheart."

"What about our secret plan?"

"Our secret plan goes into operation within a few days."

"You promise?"

"I promise." I hung up the phone and turned around to find Andy Kimura and the two remaining Sarahs. "Secret plan?" said Andy. "So Dan wasn't just being paranoid."



Random biz fact of the day

## 50%

Horrible bosses beware — 50 per cent of job seekers will tell their friends about a bad experience with an employer.

SOURCE: NEXCAREER

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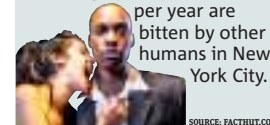
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Random fact of the day

- Roughly 1,600 people per year are bitten by other humans in New York City.



SOURCE: FACTTUT.COM

"Imagine that," said Sarah No. 1 with as much righteousness as she could muster, "A traitor right here from within."

Andy said, "I think you'd better leave, Shannon."

TO BE CONTINUED...

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# BEANPOLE BIRDS, BUSTED BIEBS BASH

**1 Civic doody.** Ever notice how Rob Ford looks like a giant toddler? Just close your eyes and picture him in an Argos onesie. Then, ask him to leave daddy's office and his body goes limp until you're forced to drag him kicking and screaming. See? One big baby. With a tiny crack-pipe.

**2 Ironic integrity.** German recluse Cornelius Gurlitt is upset that authorities seized paintings inherited from his father Hildebrand, who was Hitler's personal art dealer and once chief of the Nazi's "confiscation committee." Cornelius maintains that no part of his billion-dollar collection was ill-gotten from Jewish owners. He tells Der Spiegel magazine, "Maybe my father was offered things privately but he wouldn't have taken it. He would consider that wrong." Oh, *that* he would have considered wrong.

**3 Gobble-less.** Butterball announced a shortage of turkeys right before American thanksgiving. More precisely, the birds have not been gaining weight to reach the 16-pound minimum expected by U.S. clientele. The turkeys attribute their success to increased cardio consisting of high-volume



THE METRO LIST  
**Mike Benhaim**  
metronews.ca

reps of wing-flapping. And their lean muscle-mass makes them harder to catch.

**4 Win-win.** Renowned "momager" and pimper of offspring Kris Jenner says daughter Kim and Kanye West will "hopefully" marry next year. Unless they break up. Either way, it will be filmed and marketed for profit.

**5 Slam dunk.** Since June of 2012, NBA centre Andrew Bynum has collected almost \$20 million for playing less than two cumulative hours of actual professional ball. How much more does your job suck now?

**6 Bieber breach.** Justin Bieber threw an anything-goes, Great Gatsby bash last week that was so wild, the cops were called three times. But VIP guests will have only themselves with which to reminisce because they all signed confidentiality agreements worth \$3 million. The very next night, I got a henna tattoo at a bar mitzvah that still hasn't washed off.

Who's the bad-ass now?

**7 It takes two.** Or does it? We-Vibe, the company behind body-safe, eco-friendly, "intimate" products believes that couples who play together stay together. Now they've

launched We-Vibe4: a remote-controlled, U-shaped vibrator that simultaneously stimulates "inside and out" including pleasure for the male. The result of extensive scientific research on monogamous pairings, there still lies the unspoken understanding that his presence is entirely optional.

**8 Mentor experience.** Attention unsigned Canadian singer-songwriters of legal age: Here's a great opportunity. Submit a video entry of your work to songwritermentor-experience.org for a chance to receive valuable insight from some of our nation's greatest artists, plus additional benefits including a one-year, paid membership to the Songwriters Association. In traditional Canuck fashion, there's no prize money or recording contract, but all criticism promises to be very polite.

**9 This week in music.** In 2004, Ozzy Osbourne fought one of two burglars robbing his Buckinghamshire home. Breaking free of Ozzy's headlock, the man jumped 30 feet from a window. When asked about the danger of getting hurt, Osbourne replied "I haven't felt anything since 1979." The burglar, answering that same question said, "I seriously thought he was going to bite my head off!"



Follow The Metro List on  
Twitter @TheMetroList

## ZOOM

### Artist also has enough to eat at home



#### And it's rice to get food for thought

An artist has used various types of food to create delightful portraits of famous people.

Jason Mecier, from San Francisco, used strips of bacon and rice to portray actor Kevin Bacon and former U.S. secretary of state Condoleezza Rice, respectively.

The choice of material provides a visual pun of their surnames. Mecier tries his best to preserve his food-based works, but so far it only works out for some.

Mecier's works feature in a new book, *Wild Art*, which celebrates non-traditional creativity like sand sculptures, extreme body art and miniature dioramas. **METRO**



COURTESY JASON MECIER

#### Some rare delicacies

"I enjoy trying to match the perfect items and themes with the essence of each unique subject: Snoop Dogg made out of marijuana and Sigmund Freud made out of pills."

Jason Mecier, artist

#### He plays with his food

### 50 hours

is how long Mecier takes to make each portrait. His picture of Lady Gaga took almost two months to finish.

#### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

That unmistakable chill in the air is turning our minds to far off, sun-soaked climes where we can briefly recover from winter's darkest days. If your strategy is to miss as much of that winter as possible, these travel blogs are well stocked with dollar-stretching tips.



ISTOCK IMAGES

#### Nomadic Matt:

Have you ever returned from a long vacation and cursed your re-entry into routine, dreaming of a life on the lam instead? Of course you have. So did Matt Kepnes, except he's one of those maddening types who actually pulled it off, compiling nearly 10 years of accumulated world-wandering wisdom in one place. (nomadicmatt.com)

#### Traveller's Point:

While there are some pretty cool features here, like a travel planner widget and budget accommodation search,

the real prize here are the lively and friendly forums. No matter what country you're planning to hit, or what (within reason) you're willing to do there, there's an abundance of advice and potential travel buddies here. (travellerspoint.com)

#### Adventurous Kate:

Another hero who managed to quit her job and take up the mantle of a full-time traveller. With plenty of world-savvy and 35 countries under her belt, the wildly entertaining Kate is an ideal source for the solo female traveller. (adventurouskate.com)

#### Twitter

@metropicks asked: One mom was surprised when a daycare called her kids' lunches 'unhealthy' and gave them crackers. How would you react?

@Canucklehead\_ca: By quickly finding a new daycare, provided I have the energy after presumably years of unhealthy eating.

@ctmwyn: 'healthy' is a slippery slope where some overly zealous parents insist on a #RawFood diet for their kid #Education #WorkBoth-Ways

@les\_than\_zero: Because adding transfat Ritz crackers to the lunch suddenly made it healthy?

Follow @metropicks and take part in our daily poll.

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [reginaletters@metronews.ca](mailto:reginaletters@metronews.ca)

## Synopsis

Combatants and sweethearts Katniss Everdeen (Jennifer Lawrence) and Peeta Mellark (Josh Hutcherson) have returned victorious from the 74th Annual Hunger Games. While on a Victory Tour to Panem's various downtrodden districts, revolution is in the air. The people see Katniss as a symbol of freedom, which, of course, doesn't sit well with President Snow (Donald Sutherland), the country's autocratic leader. To quell the revolution he and his head gamesmaker (Philip Seymour Hoffman) devise the trickiest Hunger Games yet, the Quarter Quell that will pit former winners against one another in the battle to the death.

• Richard: ●●●●

• Mark: ●●●●

## Reel Guys

### RICHARD CROUSE AND MARK BRESLIN



The Hunger Games: *Catching Fire* is styled within an inch of its life, but it maintains a gritty edge. CONTRIBUTED

# Two is better than one

**Catching Fire.** The followup to the Hunger Games is a step above the first instalment, with more visual and thematic grit

**Richard:** Mark, I'm glad I saw the first Hunger Games movie because I'm not sure if I would have a clue as to what was going on if I didn't have that background. I may have been taken in by the beautiful art direction, or Jennifer Lawrence's intense performance, but I don't think I would have been able to connect all the dots. Plot points become more obvious in the second hour, but for non-

Hungerites it might be confusing. What did you think?

**Mark:** I don't think anyone who didn't see the first one would even be interested in seeing the second instalment. So the question becomes: how do they compare? And surprisingly, I kind of prefer the sequel. The issues of state control, of media manipulation, and of income disparity are sharper and less cartoonish here. But more important, the secondary characters are more interesting and better drawn. Some of the contestants are intriguing, like Jeffrey Wright's techno-nerd, and his partner Amanda Plummer, doing her nutso thing. I even liked Elizabeth Banks and Stanley Tucci this time

around — the characters seemed more grounded in the story.

**RC:** I do think this is a better movie than the first instalment. It is set decorated and costumed to within an inch of its life, but nonetheless has a gritty edge. It doesn't feel like a budget big franchise movie and that's a good thing. Visually as well as thematically it has more edge than any of the recent Marvel movies. And it skirts around the thing that upset many people about the first movie — the idea of kids killing kids — by setting the action between former victors ranging in age from in their 20s to in their 70s.

**MB:** You know what else it

skirts around? The killings themselves, many of which happen off-screen, to protect the delicate psyches of our tweener population. But that's OK; this isn't really a film about body count. The only thing that left me queasy was the cliffhanger ending, with a plot twist that will seem arbitrary until we catch the next instalment.

**RC:** The cliffhanger ending is a bit of a shock after the almost two-and-a-half hour running time, but I felt as though enough had happened to keep me interested for the next one.

**MB:** And I think the next one may show Woody Harrelson to be the trilogy's most valuable player.

# 2 SCENE

# Every time is a good time!

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# Frozen thaws the battle of the sexes

## Female perspective.

Male and female co-directors ensured Disney film didn't tread into stereotypes

RICHARD  
CROUSE

scene@metronews.ca



Frozen opens next Friday. CONTRIBUTED

The new animated film Frozen features something unique — dueling Disney princesses.

"I think what was really important for this movie was to have the female perspective," says co-director Chris Buck. "We have two female leads and there are times that as a male director you can go to the stereotype of what a female character might do."

That's where co-director and writer Jennifer Lee came in. "Jen would always take it to a different place," he says. "She would say, 'Make her real. Make her believable.' So I think that

really helped. It was a good balance."

Based on a Danish fairy tale by Hans Christian Andersen, Frozen is the story of two royal sisters, Anna, a spirited adventurer (Kristen Bell) and Elsa, a queen (Idina Menzel) with the awesome power to create ice and snow. Sibling is pitted against sibling when Elsa plunges her kingdom into an endless winter and Anna must act to save her sister and the empire. "You want to make these movies to last forever but we have to bring ourselves to it,"

says Buck. "We have to bring today's sense of entertainment and character to our characters."

"We're huge Disney fans and I grew up with Disney," says Lee. "When you watch a Disney film you are constantly feeling it. It is a combination of comedy and drama but it is together in such a way that you feel you are in the world. That is something we both love more than anything because that, to me, is what makes them timeless and resonate. You feel the character and you feel the stakes."

## Comedy



## Delivery Man

Director. Ken Scott

Stars. Vince Vaughn, Chris Pratt, Cobie Smulders

Vince Vaughn stars in this almost shot-for-shot remake of the French Canadian film Starbuck as a man-child who learns commitment and responsibility after discovering his sperm bank donations unwittingly made him the father of 533 children, 142 of whom have filed a class action lawsuit to learn their biological father's real identity. Supporting actors Chris Pratt, Cobie Smulders and Bobby Moynihan are all solid, but it's Vaughn who carries the movie. He hands in a charming performance with all the rough edges buffed away in an unabashedly sweet movie. **RICHARD CROUSE**

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 22 TO THURS., NOV. 28. TIMES ARE SUBJECT TO CHANGE.



Thor: The Dark World CONTRIBUTED

## Southland Mall 3025 Gordon Rd.

Captain Phillips (PG) Fri 6:50-9:45  
Sat-Sun 12:10-3:20-6:50-9:45 Mon-Tue 5:30-8:30  
Carrie (14A) Fri-Sun 7:45-10:40 Mon-Tue 8:50  
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 1:20-4:30 Mon-Tue 6:05  
Ender's Game (PG) Fri 7:05-10:20  
Sat-Sun 12:30-3:50-7:05-10:20 Mon-Tue 5:25-8:40 Wed 1:40-5:25-8:40 Thu 8:40  
Escape Plan (14A) Fri 7:20-10:10 Sat-Sun 12:20-3:30-7:20-10:10 Mon-Tue 5:35-8:20 Wed 1:30-5:35-8:20 Thu 5:35-8:20  
Free Birds (G) Sat-Sun 12:40 Star & Strollers Screening Wed 1 Thu 6  
Free Birds 3D (G) Fri 7:10-9:30 Sat-Sun 3:7-10-9:30 Mon-Wed 6-8-10  
Frozen (G) No Passes Wed 1:20  
Frozen 3D (STC) No Passes Wed-Thu 6:05-8:45  
Gravity 3D (PG) Fri 8-10:30 Sat-Sun 12:55-4-8-10:30 Mon-Tue 6:05-8:20  
Wed 1:20-6:05-8:20 Thu 6:05-8:20  
Homefront (14A) Wed 1:40-5:30-8 Thu 5:30-8  
The Hunger Games: Catching Fire (PG) No Passes Fri 6:45-7:30-10-10:45 No Passes Sat-Sun 12-1-3:15-4:15-6:45-7:30-10-10:45 No Passes Mon-Tue 5:20-5:50-8:30-9 No Passes Wed 1:30-5:20-5:50-8:30-9 No Passes Thu 5:20-5:50-8:30-9 Star & Strollers Screening, No Passes Wed 1  
Jackass Presents: Bad Grandpa (14A) Fri 8:05-10:25 Sat-Sun 1:10-4:20-8:05-10:25 Mon-Tue 5:45-8:05 Wed 1:10-5:45-8:05 Thu 5:45-8:05  
Thor: The Dark World 3D (PG) Fri 7:40-10:35 Sat-Sun 12:45-3:40-7:40-10:35 Mon-Tue 5:40-8:25 Wed 1:10-5:40-8:25 Thu 5:40-8:25

## Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit

12 Years a Slave (14A) Fri 3:50-6:55-10 Sat 12:40-3:50-6:55-10:05 Sun 12:40-3:45-6:55-10:05 Mon 9:55 Tue-Thu 6:55-9:55  
About Time (PG) Fri 4:20-7:15-10:10 Sat 10:40-1:30-4:25-7:30-10:20 Sun 1:30-4:25-10:15 Mon-Tue 7:25-10:15  
Barney's Great Adventure (G) Sat 11  
The Big Lebowski (14A) Mon 7  
The Book Thief (PG) No Passes Wed-Thu 7:30-10:25  
Delivery Man (PG) No Passes Fri 5:20-8-10:35 No Passes Sat 12-2:40-5:20-8-10:40 No Passes Sun 1:25-4-7:30-10:35 No Passes Mon-Thu 7:50-10:20  
Doctor Who: The Day of the Doctor 3D (STC) Mon 7:30-9:45  
Frozen 3D (STC) No Passes Wed-Thu 7-9:40  
The Hunger Games: Catching Fire (PG) No Passes Fri 3:20-3:45-6:30-7-9:45-10:15 No Passes Sat 10:45-12:15-12:45-3:30-4-6:45-7:15-10-10:30 No Passes Sun 11:45-12:15-3-3:30-6:15-6:45-9:30-10 No Passes Mon-Thu 6:45-8:15-10 No Passes Fri 4:15-7:30-10:45 No Passes Sat 10-1:15-4:30-7:45-11 No Passes Sun 12:45-4-7:15-10:30 No Passes Mon-Thu 7:15-10:30  
Jackass Presents: Bad Grandpa (14A) Fri 5:15-7:35-10:25 Sat 10:05-12:30-2:55-5:15-7:35-10:25 Sun 12:30-2:55-5:15-7:35-9:50 Mon-Thu 7:35-9:50  
Last Vegas (PG) Fri 4:45-7:20-9:50 Sat 10-2-10-4:45-7:20-10:10 Sun 1:55-4:35-7:50-10:20 Mon 10:30 Tue 7:10-9:40 Wed-Thu 7:10-9:45  
Thor: The Dark World (PG) Fri 4:10 Sat 1:20-4:10 Sun 1-3:50  
Thor: The Dark World 3D (PG) Fri-Sun 7:05-9:55 Mon 7:45 Tue-Thu 7:45-10:30 Fri 5-7:50-10:40 Sat 11:25-2:15-5:05-7:55-10:45 Sun 2-4:50-7:45-10:35 Mon-Tue 7-9:45  
WWE Survivor Series - 2013 (STC) Sun 7

## Kramer IMAX Theatre 2903 Powerhouse Dr.

Kenya 3D: Animal Kingdom (STC) Fri-Sun 1-3:30-7 Tue 2:15 Wed 1-3:30 Thu 2:15-4:45  
No Films Showing Today (STC) Mon  
Rocky Mountain Express (STC) Fri-Sun 2:15-4:45 Tue 1-3:30 Wed 2:15 Thu 1-3:30-7

## Golden Mile 3806 Albert St.

The Counselor (14A) Fri-Thu 1:10-3:45-6:30-9:25  
Despicable Me 2 (G) Fri-Thu 1:10-3:50-6:40-9:05  
Don Jon (18A) Fri-Thu 9:10  
Grown Ups 2 (PG) Sun-Wed 6:50-9:20 Thu 9:20  
Lee Daniels' The Butler (PG) Fri-Thu 1:15-3:45-6:35-9:15  
Planes (G) Fri-Thu 1:30-4:05-6:50  
Prisoners (14A) Fri-Thu 1:30-6:45  
Short Term 12 (14A) Fri-Thu 3:50-9:20  
Singh Saab the Great (STC) Fri-Sat 6:15-9:10 Sun 3:30  
The Smurfs 2 (G) Fri-Sat 1:15-4 Sun 1:15 Mon-Thu 1:15-4  
Wadja (G) Fri-Thu 1:20-7  
We're the Millers (14A) Fri-Thu 1:25-4:05-6:35-9:15

## Regina Public Library Film Theatre, 23 11 12th Ave.

After Tiller (STC) Thu 9  
Call Me Kuchu (STC) Thu 7  
No Films Showing Today (STC) Mon-Tue  
Oil Sands Karaoke (STC) Sat 7 Sun 9  
The Punk Syndrome (STC) Fri 7 Sat 9 Sun 7  
Special Ed (STC) Fri 9  
Undeclared (PG) Wed 7

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## Drama



## Wadja

Director. Haifaa Al-Mansour

Stars. Waad Mohammed, Reem Abdullah

Wadja is a mischievous 10 year-old with her heart set on a green bicycle. She enrolls in a Koran recitation competition with an eye to using the prize money to fund her dream. Shot entirely in Saudi Arabia, Wadja explores the hypocrisies at the heart of the country's attitudes towards women. Despite her age, Wadja (Waad Mohammed) sees the emptiness in the hearts of the adults tasked with keeping her on the straight path. They maintain that a pious life — one that doesn't include bikes — is the only path to happiness, even while their own lives unravel. **IAN GORMELY**



Morrissey

## Morrissey takes aim at Pippa

Morrissey is not pleased with Pippa Middleton's recent hunting trip, to put it mildly. The singer and animal rights activist let off a lengthy blog post going after several high-profile hunters, taking aim specifically at the Middletons.

"On Oct. 5, the Daily Mail newspaper gave us all an 'amusing' report of thick-wit Pippa Middleton laughing as she stood over 50 birds shot dead by her friends and herself after a 'busy day's shooting,'" he writes. "The sick face of modern Britain, Pippa Middleton will kill deer, boar, birds — any animal struggling to live or that gets in her socialite way."

"This is because her sister is, of course, Kate, who herself became 'royal' simply by answering the telephone at the right time, and this association allows Pippa's 'kill, kill, kill' mentality to be smilingly endorsed by the British print media, to which only the mentally deficient could join in with the laughter."

## Dan's advice for celebs? Stop sharing

Daniel Radcliffe has some simple advice for celebrities who are tired of having their privacy invaded: Stop sharing so much. "I don't



Daniel Radcliffe

have Twitter and I don't have Facebook and I think that makes things a lot easier," he tells Sky News. "Because if you go on Twitter and tell everybody what you're doing moment to moment and then claim you want a private life, then no one is going to take that request seriously."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Don't get close for the camera, Will

PAT HEALY

Metro World News in New York City

This is hilarious. Check out Will Smith trying really, really hard not to put his arm around Margot Robbie in this photo call for their new film Focus in Buenos Aires, Argentina on Wednesday.

It makes sense. After all, the two co-stars were the

subject of intense media speculation last month after they reportedly had a steamy romp in a photo booth at a party. "Once they pulled the curtain back to take the pictures, they let their inhibitions run wild, laughing, hugging and nuzzling each other in the dark," a source told Star.

So now Smith, the professional he is, knows if any other forthcoming gossip about his marriage or his "nuzzling" come to light, media outlets will use any photo they can find of Robbie and him together. Smart man.

## Are Harry and Kendall a thing? Don't expect him to deny it

Harry Styles is prompting new dating rumours after being spotted taking Kendall Jenner to dinner in L.A. Wednesday night, according to Us Weekly. Styles drove them to dinner at Craig's restaurant in West Hollywood, Jenner seated beside him in his SUV.

While it's not clear if Styles is actually dating the 18-year-old, he has made his feelings on high-profile relationships known. "I don't want to be one of those people that complains about the rumours," he recently told the British edition of GQ magazine.

"I never like it when a celebrity goes on Twitter and says, 'This isn't true!' It is what it is. The only time it gets really annoying is that if you get into



Harry Styles

a relationship and you get into a place where you really like someone and then things are being written in the papers that affect them and how they see you. Then it can get annoying."

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# Holiday gift guide

## Terrific teen ideas

**MIKE  
YAWNEY**  
For Metro

If you have a teenager, you know how difficult it can be to purchase a gift for them. Forget the gift cards and guessing which style of jeans they want. These high-tech gifts are sure to please even the pickiest teen.

### Playstation 4 — \$399.99

One of the most highly anticipated new consoles of the year. The PS4 features improved processing and graphical power with voice control. A new controller features a touchpad and “share” button, which lets you record and share gameplay with friends online.

### Xbox One — \$499.99

Microsoft's next generation console promises to wow gamers of all ages. Every aspect of this next-gen console has been enhanced, including a vastly improved Kinect sensor and a newly designed controller with more than 40 new technological innovations.

### Sony Xperia Z1 — \$700 (no contract)

Snappy performance and stylish good looks, this is a smartphone your teen will want to show off. The rear 20.7-megapixel camera will help them capture moments with friends, while the water-proof and dust-resistant body

will hold up to most teens.

### Samsung Galaxy S4 Mini — \$449.99 (no contract)

Compact and yet powerful. This smaller version of Samsung's popular Galaxy S4 has many of the same

features but now in a smaller form. A solid plastic build ensures durability, while the eight-megapixel camera is perfect for snapping selfies and Facebook pics.

### Mophie Juice Pack Helium — \$79.95

Your teen will never be able to use the excuse “my phone's battery died” again once you buy them this case for their iPhone. This case contains an external battery providing up to an additional 80 per cent battery life, yet it's thin and light. Available in multiple colours.

### Sonos Play:1 — \$219

If your teen loves music then look no further. Once they connect Play:1 to their home network and download the

app, they can stream music from the most popular music services directly to the speakers. Purchase additional speakers for an even richer music experience.

### Pebble — \$150

So much more than just a watch. Pebble connects to your smartphone via Bluetooth so you receive notifications each time you receive an email or text. Download apps to give your watch even more functionality. Teens can also personalize Pebble by choosing one of hundreds of customizable faces or swapping out the wrist strap.

### Philips Friends of Hue Bloom Lamp — \$79.95

The perfect way to let your teen customize the look of their room without spending a fortune. This lamp is designed

to cast coloured light on walls, using an app designed for your iPod, iPhone, or iPad. More than 16 million colours are possible and it doesn't get hot. Requires Philips Hue Bridge accessory.

### iPad Mini 2nd Gen — \$419 and up

The all-new iPad Mini finally receives the beautiful Retina display. Internal specs also feature a dramatic improvement with faster processor and improved graphical power. Ideal for learning and leisure.

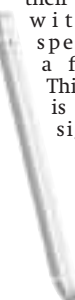
### HTC One Mini — \$399.99

This pocket-friendly device has the features teenagers demand in a smartphone. Crisp, 4.3-inch high-definition display, amazing audio through two front-facing speakers, a fantastic camera, plus all your social media streams to the main screen. What more could a teen want.

Xbox One — \$499.99, clockwise, from bottom left, Philips Friends of Hue Bloom Lamp — \$79.95, Mophie Juice Pack Helium — \$79.95, Sonos Play:1 — \$219, iPad Mini 2nd Gen — \$419 and up, HTC One Mini — \$399.99, Samsung Galaxy S4 Mini — \$449.99 (no contract), Sony Xperia Z1 — \$700 (no contract).



Playstation 4 — \$399.99, top, Pebble — \$150, below.



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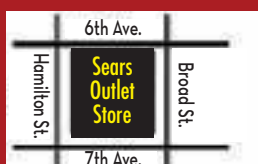
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# Holiday helpers for your favourite cook



Philips Saeco Poemia Top SS Manual Espresso Maker, \$179, available at major retailers and independent kitchen stores and philips.ca.



Fresh Express Fruit And Vegetable Chopper, \$119.99, available at mass department and specialty stores, t-fal.ca.



Homemade Cookie Stamp, \$18, available at RH.com.



Aprecia Mini Kettle, \$29.99, available at Walmart, walmart.ca.



MudPie Moose Salt And Pepper Set, \$22, available at CameoNovveau.com.



Jamie Oliver's new cookbook Save With Jamie, \$37.99, available at Sobeys, Chapters, and other stores.

Ethical Bean Three-Pack Gift Set Of 100 Per Cent Fairtrade Certified Organic Coffee, \$34.95, available at shop.ethicalbean.com.



Wilton Holiday Three-Piece Cookie Cutter Set, \$5, available at Canadian Tire, canadiantire.ca.

## Begin a new holiday chapter

Most families have a Christmas tradition or two that they look forward to sharing together year after year.

Traditions draw us closer together and allow us to slow down and enjoy the season.

Reading Christmas short stories together is free, meaningful and gives a slight pause to each day of the hustle and bustle that comes with the holiday season.

Begin on Dec. 1 and read a story each night until Christmas. You may want to plan ahead by having each family member choose a favourite holiday story.

You can borrow some from your local library, download them or listen to audio stories.

Make story time special by lighting some candles, or gathering the family around the Christmas tree. Make some apple cider or hot chocolate and have a small treat like cookies or shortbread to go with your hot drink.

You will be surprised at how much your family will look forward to this quiet time with each other and you may even have some wonderful conversations during or after reading these moments together.

Here are some Christmas stories to get you started:

- The Gift, by R. Louis Carroll.
- The Story Of Babushka: A Christmas Folktale, by Ruth Robbins.
- 'Twas the Night Before Christmas, by Clement C. Moore.
- The Christmas Story, the Bible — Matthew, Chapters 1 and 2.
- The Little Match Seller, by Hans Christian Andersen.
- The Gift of the Magi, by O. Henry.
- The Selfish Giant, by Oscar Wilde.
- The Life and Adventures of Santa Claus, by L. Frank Baum.
- The Cobbler and His Guest, by Anne McCollum Boyles. METRO NEWS SERVICES

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# Don't let the eggnog derail your career path

## Office holiday parties.

Be on your best behaviour when you gather with co-workers



Ah, the annual office holiday party. Perhaps people have been on their best behaviour at the parties you have attended, but things can go south quickly, especially if alcohol flows freely.

If that happens this year — if you want to keep your career on the fast track — it's wise to keep your inhibitions in check.

"Employers are responsible for the safety of their employees, even at an office party, and they have a legal obligation to take appropriate disciplinary action against anyone who goes overboard in terms of sexual harassment, insubordination or discrimination," said Susan Thompson-Graham,



It's wise to keep your inhibitions in check at the annual holiday party if you want to keep your career on the fast track. PRESSMASTER/SHUTTERSTOCK

the head instructor of the advanced diploma program in human resource management at the Nova Scotia Community College in Halifax.

Here are Thompson-Gra-

ham's tips for how to not ruin your career at the party:

- Don't skip the shindig. You may not want to go, but it's one night of the whole year, and if you don't attend, you

could be ostracized at work for a while.

- Drink responsibly. Let management set the pace for how much alcohol is consumed. If everyone overindulges, en-

sure that you also consume vast quantities of water and food. "You don't want to be the office hangover joke the next day," Thompson-Graham said. "And do I even

need to say it? No illegal drugs."

- Dress appropriately. "It's not Halloween, so no sexy pirate, sexy nurse or sexy devil outfits," Thompson-Graham said.

- Keep romance at bay. Although many people do meet their significant other at work, don't make out on the dance floor under the glare of the disco ball. "Instead, make arrangements for a rendezvous after the party," Thompson-Graham said.

- Observe social media etiquette. That means no texting — you need to look like you want to be there. And no posting "memorable moments" from the party on Facebook or Instagram, especially if your company has a social media policy.

- Express your gratitude. Thank the host and organizers for their hard work. "I often hear managers say, 'I do this for my employees and don't get a single thank you.' Be remembered for being the one who took the time to do so," Thompson-Graham said.

LeapFrog Rainbow Tea Party, \$24.99, available at major retailers.



## Babes in Toyland

PlaSmart Plasma-Bugs, \$59.99 each, available at major retailers.



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This recipe makes 12 biscuits. MILKCALENDAR.CA

# Add a cheesy side of Canadiana to dinner

**Garlic Cheddar Biscuits.** This delicious side dish is made with Canadian cheese. Which one? The choice is all yours

For a twist, substitute drained chopped pickled jalapenos or chives for the green onion.

1. Preheat the oven to 450 F (230 C). Line a large baking sheet with parchment paper.

2. In a large bowl combine

the flour, baking powder, cream of tartar, sugar and salt. Using a pastry blender or two knives, cut in butter until crumbly. Stir in cheese and green onions. Slowly add the milk, stirring with a fork, until the batter reaches a soft dough consistency.

3. On a lightly floured surface, knead dough gently 3 to 4 times until it holds together. Roll out to 3/4-inch (2 cm) thickness. Cut into squares. Place at least 2 inches (5 cm) apart on prepared baking sheet.

4. Topping: In a small bowl,

combine melted butter and garlic powder; brush biscuits with half of the mixture.

5. Bake 12 mins. or until starting to brown. Brush with remaining butter mix. Bake

an additional 3 mins. or until golden brown. Best served warm. **MEAGHAN THORNHILL OF HARBOURFRONT HOLSTEINS & JEZEBEL JERSEYS IN ANTIGONISH, N.S./ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)**

## Ingredients

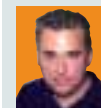
- 2 cups (500 ml) all-purpose flour
- 2 tbsp (30 ml) baking powder
- 1/2 tsp (2 ml) cream of tartar
- 1/2 tsp (2 ml) granulated sugar
- 1/2 tsp (2 ml) salt
- 1/2 cup (125 ml) cold butter, cubed
- 1 cup (250 ml) shredded Canadian old Cheddar, Marble or Monterey Jack cheese
- 1/3 cup (75 ml) chopped green onions
- 1 cup (250 ml) milk

## Topping

- 2 tbsp (30 ml) butter, melted
- 1/4 tsp (1 ml) garlic powder

## Liquid Assets

## Read, drink local, repeat



**LIQUID ASSETS**  
Peter Rockwell  
@therealwineguy  
facebook: therealwineguy  
liquidassets@eastlink.ca

Even with most wine aficionados plugging into the Internet for the bulk of their liquid knowledge, there's still a place in this world for some hard copy.

Just in time for Christmas, the newly released Canadian Wineries (Firefly Books, \$29.95) by Tony Aspler, with photographs by Jean-François Bergeron, is the book Canadian wine fans have been waiting for.

Focusing on more than 60 wineries — from British Columbia's Mission Hill all the way to Nova Scotia's Jost Vineyards — it's a lovingly crafted collection of stories and images that will make even the most jaded sommelier excited to visit these vineyards and drink their wines.

B.C.'s Sandhill Estate is included in the collection and its 2011 Cabernet Merlot (\$17.49 to \$21.99) is readily available. Dark, rich and layered with varietal fruit, it's a mouthful of juice that pairs with meatier, winter-inspired menus.

The engine driving our national wine culture is our own wines, and if you're looking for a great guide to the excitement, Canadian Wineries is it. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

# 3 T I E

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Swipe through your potential partners on Tinder, but be classy. HANDOUT

# Getting a Tinder date not a swipe dream

**Helpful tips.** Focus on your profile pic, don't come on too strong. Use it as a launching pad to meet that special someone

**RICHARD PECKETT**  
Metro World News

It's the dating app that'll have your on-screen lust life swiped into action. Here's our guide to meeting the person behind the profile pic.

## Profile pictures –

### Don't mis-sell yourself

Frankly, group shots are irritating. You're selling yourself, not your mates – so your first image should be a headshot and nothing too distorted and artsy. No abs shots, guys, this isn't for the cover of Men's Health. Remember: people are flick-

ing through photos at a rate worthy of R.S.I. (repetitive strain injury) so make 'em stop with a flirty face or power pose – and yes, pouting does work girls as long as you've got the lips for it.

## Bio – Peppy, not prosaic

On a site where the sole focus is on the superficial, the bio can seem kind of redundant. Keep it down to a few helpful hints about you – but don't expect the furious finger flicker to take any notice of it. Girls: if you're tall (over 5-foot-10), include your height, unless you're after a Tom Cruise and Katie Holmes situation. Lastly, any quirky facts (Burlesque dancer) or particular passions can be a great way to start a convo.

## Openers – Don't come on too strong, bunny boiler

Unless you're a condemned man, don't profess your love over Tinder. Conversely, save

the dirty talk for a hook-up site: "You absolute babe :) I would love to totally wreck you x". You're not talking to a sex-crazed avatar, so kick off with something that you might actually say to a real person, like "Hi, how are you? What did you get up to over the weekend?"

## Seal the deal – Get that date down

OK, the Tinder texting is sparking and you wanna meet up with the person behind the profile pic. Ask for their number, and if they're a bit nervy, send yours first and make friends over Facebook. That way, the potential love interest can get an idea of your social life and decide whether they want to be part of your weekends in a torture dungeon.

## First date – Play it cool

People have a tendency to over-think the first date scenario but when it comes to a

## Tinder 101

- It's a dating app, not a sex app.

- It's free on a smartphone.

- The app connects to Facebook and accesses your friends, though it doesn't broadcast that you're on Tinder.

- Your 'About' section, if you have one, will also appear on Tinder.

- You can only choose profile pictures from your Facebook page.

- Swipe right to like and left to pass.

- Get a match (you've both swiped right on each other) and the Tinder icon turns blue. Now you can chat or, as the game says, "Keep Playing".

## TINDER TALK

- Men, a.k.a. 'Timmen'
- Girls, a.k.a. 'Tindettes'
- 'Blueing' – you've got a match

blind date of sorts, it's best to keep it simple. Drinks and chat is a reliable option.

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# Ancient Mughlai cuisine on your modern kitchen table

Chicken Korma is a mild, aromatic and creamy curry dish originating from ancient Mughlai cuisine.

Often served at weddings or special occasions, its wonderful flavour comes from blending a number of spices

## Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 onion, finely chopped
- 1 tbsp (15 ml) minced garlic
- 1 1/2 tsp (7 ml) minced ginger root
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) garam masala
- 1/4 tsp (1 ml) ground turmeric
- 2 tbsp (30 ml) ground almonds
- 2 tbsp (30 ml) tomato paste
- 1 1/4 lbs (625 g) boneless skinless chicken breasts, cut into 1-inch (2.5 cm) pieces (about 3 cups/750 ml)
- 1 cup (250 ml) plain yogurt, whisked until smooth
- Salt to taste
- Pinch of dried fenugreek leaves
- Chopped fresh cilantro



This recipe serves six. DAIRYGOODNESS.CA

with a mix of almonds and yogurt.

**1.** In deep non-stick skillet, heat butter and oil on medium-high heat until butter melts. Add onions and sauté 2 minutes or until soft and fragrant. Add garlic, ginger, coriander, chili powder, garam masala and turmeric;

sauté for 30 seconds or until fragrant, being careful not to burn.

**2.** Stir in almonds and tomato paste, and sauté for 2 minutes to blend well with the spices. Stir in chicken and sauté until lightly browned on all sides, about 3 to 4 minutes.

**3.** Stir in yogurt; cover, reduce heat to medium and simmer for 6 to 8 minutes until chicken is completely cooked through. Season with salt and sprinkle dried fenugreek leaves. Cook covered for 2 to 3 minutes or until the mixture comes to a boil. Garnish with cilantro.

DAIRYGOODNESS.CA

# Roughriders' Bagg refuses to let spirits sag

**Grey Cup.** After overcoming numerous injuries, receiver has a shot at career-defining moment on Sunday

For a moment, it looked like Rob Bagg's dream of winning the CFL's biggest prize was finally over.

In an Aug. 17 game against the Montreal Alouettes, the Saskatchewan Roughriders wide receiver went out on a blocking assignment and went down in a heap, clutching his left knee.

Bagg left the field in tears, seeming to signal the end of a CFL career that barely managed to get started.

But two days later video emerged of Bagg running the stairs at Mosaic Stadium, and not even two weeks after that he was back in the lineup for the Labour Day Classic, making one catch for seven yards as the Riders downed the Winnipeg Blue Bombers.

Bagg finished the 2013 regular season fifth on the Riders with 430 yards receiving, and will have the chance Sunday to help his team finish first when Saskatchewan hosts the Hamilton Tiger-Cats in the 101st Grey Cup at Mosaic Stadium.

"Getting back on the field is one thing but, really, your



Roughriders receiver Rob Bagg, celebrates his touchdown during the first half of the CFL West Division final against the Stampeders in Calgary last Sunday. Bagg has battled back from numerous injuries over the last few seasons to help the Riders reach the Grey Cup on their home field in Regina. LARRY MACDOUGAL/THE CANADIAN PRESS

main driving factor is you want to be able to tell your kids and grandkids that you were the best in the CFL one year," he said.

Bagg will be in uniform Sunday for his first championship game since 2009, when Saskatchewan lost to Montreal

after a too-many-men penalty cost them the game with no time on the clock.

For Bagg, that loss was compounded further by the broken collarbone he suffered following a hit from Chip Cox late in the fourth quarter.

"I was definitely aware of the situation and, if anything, it made the injury more painful because it was just two defeats rather than one," said Bagg. "But I never really think about that injury. I think

about the opportunity that we screwed up."

His first shot at redemption was derailed late in the 2010 season when he tore the ACL in his right knee, causing him to miss the Riders' playoff drive and loss in the Grey Cup rematch with Montreal.

Bagg missed all of 2011 after reinjuring the ligament prior to the next season's training camp and played only three games in 2012 before tearing up his other knee, which also

required season-ending surgery.

"He's definitely worked harder than anyone I've ever met in this sport," said fellow Riders receiver Weston Dressler.

"He's put in the time, he's put in effort to get himself back on the field on separate occasions, many different times. So just to see him out there and get a chance to play in this game again, it's nice to see that." THE CANADIAN PRESS

## Peer evaluation

**"I don't really know what keeps him going at times."**

Roughriders receiver Weston Dressler, on teammate Rob Bagg.

*Good Luck Riders  
in the Grey Cup!*



**Ian Johnston**  
**306-533-7421**



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**Good Luck Riders  
in the Grey Cup!**

**Mike Antonini**  
**306-790-3752**



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**Good Luck in  
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**MARCEL ROSSLER**  
**306-591-1888**



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**4  
SPORTS**

# Massive football player who has the IQ to match

**Who is Peter Dyakowski?** Hamilton lineman hopes to be a Grey Cup champ when he appears on Jeopardy

Hamilton offensive lineman Peter Dyakowski has already been crowned Canada's Smartest Person. And now the six-foot-five 325-pounder with a Mensa IQ has earned an invitation to appear on Jeopardy.

But the thing he really wants to win is Sunday's Grey Cup.

"Once I get that under my belt, then I'm going to put myself through a good trivia boot camp," the 29-year-old Dyakowski said.

Dyakowski won CBC TV's Canada's Smartest Person show in March 2012. Contest-

## Strengths and weaknesses

So does Peter Dyakowski have any weak areas in Jeopardy? Contemporary interior decorators, he offers. Female authors of the 1970s.

- "I'm hoping for some categories like CFL history," he said. "Tim Hortons' pastries and British Columbia geography."

ants went head-to-head in six categories of intelligence: musical, physical, social, logical, visual and linguistic.

So is Dyakowski, a seven-year CFL vet who attended LSU on a football scholarship, really Canada's smartest person?

"He doesn't act that smart," Ticat linebacker Frederic Plesius said with a laugh. "In the bus, he likes to scream,

make some noises to piss everybody off on purpose.

"But he's a cool guy. He's a leader, he's a good guy and he's an example for the team."

Fellow lineman Marwan Hage, a close friend, says Dyakowski's smarts are for real.

"I call Peter on a lot of advice, financial advice," he said. "Once you get through the fun part with Peter and he gets serious, when you catch him one-on-one, he's the smartest guy. Every other week I call him for some stock advice and this and that. He knows everything about everything."

Dyakowski, a native of Vancouver who now calls Hamilton home, took an online Jeopardy test in January. He was invited to a July audition in Toronto.

A couple of weeks ago, he got the call that he had made the cut and will appear on the show in April.

THE CANADIAN PRESS



Tiger-Cats offensive lineman Peter Dyakowski lifts Sandro DeAngelis after the kicker made good on a field goal against the Lions in Vancouver in September 2010. Dyakowski, who has already been crowned Canada's Smartest Person, has earned an invitation to appear on Jeopardy. DARRYL DYCK/THE CANADIAN PRESS

## Bright future

### Tiger-Cats thriving financially

With a new stadium taking shape and a successful run to the CFL championship game, Hamilton owner Bob Young says the future looks good for the Ticats.

"With a new stadium, a new television contract, a great web presence that we're building on and, of course, a winning football team, the Tiger-Cats will be financially stable for the first time in 42 years — next year, going into the new stadium," Young said Thursday.

"Winning the Grey Cup won't hurt at all," he added with a smile.

But that won't stop the software and digital publishing entrepreneur from nervously pacing up and down during Sunday's game against the Saskatchewan Roughriders.

"I never sit down ... I have a little bit of nervous energy anyway but no Ticats game, (there's) no point sitting down," he said. THE CANADIAN PRESS



Tiger-Cat Brandon Boudreaux peers through a frosted visor during a practice on Wednesday at Mosaic Stadium. THE CANADIAN PRESS

## Tabbies suffer frostbite from frigid practice

Several Tiger-Cats emerged from their first Grey Cup practice with frostbite from frigid Mosaic Stadium.

But Paul Osbaldiston, Hamilton's assistant special teams and kicking coach, said the team still relished the championship game workout.

"I loved playing in the snow," the former longtime Hamilton kicker said Thursday

at a media breakfast. "I saw it as something different and fun and a challenge. Our guys had a great time out there (Wednesday). We ended up with a couple of frostbite situations. But the guys didn't complain, they practised hard.

"I remember in Winnipeg in '98, it was even colder than this. You just get through it. The game makes it all worth-

## Sunday's forecast

# 0 C

Sunday's daytime high is zero, feeling like minus-five. Kickoff is 5:30 p.m. local time.

while."

Wednesday's temperature was listed at minus-16 but it

felt like minus-28. It was even chillier Thursday morning at minus-21, which felt like minus-31.

Both teams were slated to hold closed practices Thursday at Mosaic Stadium. Saskatchewan practised indoors Wednesday in Moose Jaw, and Hamilton will take advantage of that option for Friday's practice.

Hamilton offensive line-

man Peter Dyakowski admitted he had erred in his choice of dress Wednesday. Not liking to wear sweatpants over his knee braces, he opted for shorts with some heating ointment on his knees.

"I quickly realized that I've made a terrible mistake," he said. "It's much colder than I thought and I'm wearing shorts." THE CANADIAN PRESS

## Good Luck Riders!

**Kevin Peter**  
306-790-3709



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## Good Luck Riders!

**SEAN POLLARD**  
306-737-5551



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## Good Luck Riders in the Grey Cup!

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CITY GARAGE AND MEGUIARS, TO NAME A FEW.



# Riding high under grey skies

It's not difficult to see the Saskatchewan Roughriders celebrating their fourth Grey Cup championship Sunday night. They're 5 1/2-point favourites and have home-field advantage. But of course there's a reason they play the games. Here are some key points to watch. **THE CANADIAN PRESS**

## Hamilton Tiger-Cats

QB Henry Burris passed for 371 yards and three TDs in the Tiger-Cats' 36-24 East final win over the Argonauts indoors at Rogers Centre last weekend. Yet not only will Burris have to battle the elements at Mosaic Stadium, but also a Riders defence that was third in the CFL in sacks with 57. Hamilton's offensive line led the league in sacks allowed with 65.

### Offence



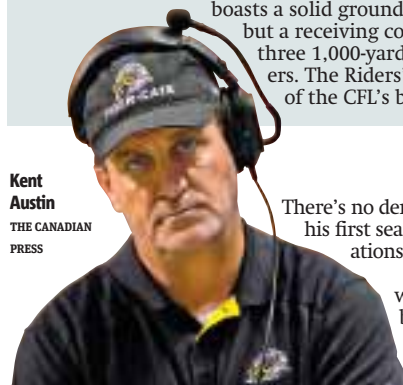
TM  
**Henry Burris**  
THE CANADIAN  
PRESS

### Defence

Hamilton's defence will face a tall order trying to contain a Saskatchewan offence that not only boasts a solid ground attack but a receiving corps with three 1,000-yard performers. The Riders' offensive line is one of the CFL's best.

**Kent Austin**

THE CANADIAN  
PRESS



### X-Factor

There's no denying the marvellous job Kent Austin has done in his first season as Hamilton's vice-president of football operations, general manager and head coach.

After a disappoint 6-12 season in 2012, Austin went to great lengths to increase Hamilton's talent base. But it's not a stretch to suggest by reaching the Grey Cup they've over-achieved and exceeded expectations.

## Saskatchewan Roughriders

### Offence

Running back Kory Sheets is the biggest concern for the Tiger-Cats. The Riders were second in CFL rushing, averaging 128.8 yards per game, and with Sunday's weather forecast calling for a low temperature of minus-12 C with 15 km/h winds, the ability to run the football will become very important.



**Kory Sheets**  
GETTY IMAGES

### Defence

On the other side of the ball, the Riders boast a rugged, tenacious defence that was the CFL's toughest to score against. Saskatchewan allowed a league-low 22.1 points per game and last weekend against Calgary forced seven turnovers.



**Geroy Simon**  
THE CANADIAN  
PRESS

### X-Factor

The Riders have the advantage in experience and were built to be here. GM Brendan Taman bolstered his leadership acquiring R Geroy Simon from B.C. and landing DB Dwight Anderson and DL Ricky Foley and John Chick in free agency. All four are Grey Cup champions. It's also QB Darian Durant's third career Grey Cup. The first two were losses, but Durant has been solid so far in the playoffs. Pick: Roughriders

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Stampeder running back Jon Cornish stands on the sidelines in the closing seconds of CFL Western Division final against the Roughriders in Calgary on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS

# Cornish, Ray handle losses differently

## Most Outstanding Player nominees.

CFL stars show contrast in how to deal with sub-par performances in big games

The Western final is behind Calgary running back Jon Cornish. The Eastern final, however, still rankles Toronto quarterback Ricky Ray.

Cornish's Stampeders were ousted 35-13 by Saskatchewan last weekend while Ray's Argonauts were bounced 36-24 by the Hamilton Tiger-Cats.

For Ray, the scab is still fresh.

"It is tough because you've got to wait six months until you get to really put it out of your system by moving on to the next year," he said of the pain. "Those are the games that are always going to haunt you a little bit."

"Even losing the Grey Cup in Edmonton my first year (in 2002), I still have bad memories from that game. Even though I've been back and been able to be on the victorious side, I still have bad

thoughts about that game. I'm sure this will continue to give me bad thoughts throughout my career."

Ray and Cornish were the two nominees for Most Outstanding Player at the CFL's annual awards ceremony Thursday night.

Cornish, who was also up for Outstanding Canadian against Winnipeg linebacker Henoc Muamba, says he is past the pain of losing in the West Division final.

"I sort of left it back in Calgary," he said.

"It would have been harder to swallow if it was a closer game. But the way we lost and having seven turnovers, it's not hard to be able to walk away from a game like that and just forget about it. We didn't play Stampeder football. There's no use in holding onto it."

Cornish led the league in rushing with a Canadian-record 1,813 yards. The 29-year-old from New Westminster, B.C., was also No. 1 in yards from scrimmage (2,157) and TDs (14).

Ray threw for a league-record 77.2 per cent completion average and just two interceptions in 303 pass attempts.

THE CANADIAN PRESS

## More accolades

## Cornish and Sheets named all-stars

Another post-season honour for Jon Cornish.

The Calgary Stampeders running back, already a finalist for the CFL's outstanding player and Canadian awards, was named to the CFL Players' Association all-star team Thursday.

Cornish, 29, of New Westminster, B.C., led the CFL in rushing with 1,813 yards, which is the most ever in a season by a Canadian player. Kory Sheets of the Saskatchewan Roughriders, who finished second with 1,598 yards, was also named to the all-star squad.

Voting for the squad was conducted by CFL players.

Henry Burris of the Hamilton Tiger-Cats, the CFL's passing leader, was named the team's quarterback. THE CANADIAN PRESS

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Green

Go  
Riders!

Good luck in the  
2013 Grey Cup.



# Two shades of Grey unite on Sunday



Saskatchewan Roughriders fans celebrate winning the CFL West final over the Stampeders in Calgary on Nov. 17. Sunday's Grey Cup will mark only the third time Regina has hosted the event. LARRY MACDOUGAL/THE CANADIAN PRESS



DAVE  
LANGFORD  
dave.langford@metronews.ca

When it comes to professional football in this country, there really are only two shades of grey.

As in Grey Cup.

First, the segment of our population with the absolute love of the Canadian game at all levels. For them, the CFL is almost a way of life and these people dominate in three provinces — Manitoba, Saskatchewan and Alberta — and exist in various regional pockets across the rest of our country.

This group loves three-down football, all things Canadian, movement in the backfield and someone actually gaining points when they miss 30-yard field goals.

The second group is not as obvious, but every bit as strong in their beliefs about the way football should be played. They are NFL fans and they are all across the country, dominating in some provinces and no worse than 50 per cent of the football enthusiasts in

## Red, white and Grey

The pro-CFL and pro-NFL camps co-exist on Grey Cup Sunday for obvious reasons — both love football, both love Canada and there is nothing more Canadian than the Grey Cup.

many others.

Four-down football is their cup of Red Rose tea and betting on the game is part of their persona. They like the fact the best athletes are playing their game and relish the absolute television and online saturation, allowing them many more entry points.

But there is one day when both sides unite and become one — a special Sunday each year in late November. The confluence of the two streams on Grey Cup Sunday is a beautiful thing.

And this year more than the rest.

That is because the two smallest markets — Hamilton, represented by the Ticats, and Regina, by the Roughriders — are facing each other for the first time since 1989. And the

game is in Regina, only the third time the city has played host to the event.

The pro-CFL and pro-NFL camps co-exist on Grey Cup Sunday for obvious reasons — both love football, both love Canada and there is nothing more Canadian than the Grey Cup.

But a Grey Cup in Regina is not the Grey Cup in the Rogers Centre in Toronto or the Olympic Stadium in Montreal or BC Place in Vancouver.

It is far superior, something very special.

It is an outdoor spectacle played in Canada's version of the "frozen tundra" where the elements will be in play all day and the fans would not have it any other way.

No matter how many downs are in play.

## Business is booming for retailers selling Roughriders merchandise

Long underwear in green, rubber ducks with tiny green football helmets painted on them and a foam helmet that looks like a watermelon.

There is no end to the list of things bearing a Saskatchewan Roughriders logo, and football fans flocking to Regina for the 101st Grey Cup on Sunday can't wait to get their hands on the merchandise.

The Riders have had more than \$7 million in merchandise sales in each of the last four years, with sales in the 2010 centennial year reaching \$10 million.

"We use the centennial year as our measuring mark and as our top line," Riders vice-president of sales Steve Mazur-



Fans purchase Roughriders merchandise on Thursday ahead of Sunday's Grey Cup. PAUL CHIASSON/THE CANADIAN PRESS

ak said Thursday.

"We know that our targets were very aggressive and we also knew we were keeping our

fingers crossed for the best outcome — of course we've got the best outcome. I'm not quite sure if we'll make that

high watermark or not of that \$10 million, but you know our sales are just going to the moon, absolutely to the moon."

Football fans, like Tim Low, were combing through the racks Thursday at the Rider store at Mosaic Stadium.

Low, who is originally from Fort Qu'Appelle, Sask., but now lives in B.C. said he's still a "loud and proud" Rider fan. Low was already wearing a Rider T-shirt, but looking for more goodies.

"I've got lots of green. We're going to come get some more," laughed Low.

"I need a toque for Sunday. I don't have a toque and just like getting Rider gear and showing it off in B.C." THE CANADIAN PRESS

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# Roughriders defensive lineman John Chick could've been a Ticat



Roughriders defensive end John Chick stretches at practice on Wednesday. He shares how he almost found himself wearing the black and yellow of the Hamilton Tiger-Cats. NATHAN DENETTE/THE CANADIAN PRESS

**Grey Cup coverage.** After the NFL's Jaguars released the defensive end, the Tiger-Cats prepared a sizable offer to woo the star

John Chick could have been on the other side of the field this weekend. He chose the Saskatchewan Roughriders instead.

On Sunday, he will find out if he made the right decision to choose the Roughriders over the Hamilton Tiger-Cats.

The fourth-year defensive end will play in his third league championship game when the Riders host Hamilton in the 101st Grey Cup at Mosaic Stadium.

"This is where I played before. This was more like home to me," Chick said Wednesday following Saskatchewan's practice, which was moved indoors and to Moose Jaw due to wind chill values that were flirting with minus-30 C. "It was the best opportunity. There was no other answer for me."

Chick played for the Riders from 2007-09 before leaving for three seasons in the NFL.

The suitors came calling when he was released by the Jacksonville Jaguars in the spring and it was reported

that the Ticats were prepared to make him a substantial offer.

But like the 27 quarterbacks he's dropped behind the line of scrimmage in his CFL career, the rumour mill ground to a halt at the end of May when Chick finally signed with the Roughriders.

"I don't even want to think about that," Chick said of his conversations with the Ticats. "There was talk a I had communication with (Hamilton head coach and GM) Kent Austin. Obviously he coached me in '07 here and (it was) just more so talking."

"I'm happy for him that he's got a good job over there but we'll be friends after this game."

Chick made friends with Austin very quickly during his storybook beginning to his CFL career in 2007.

He was Saskatchewan's nominee for rookie of the year honours and contributed a forced fumble and a quarterback sack in the league championship game as the Riders beat Winnipeg for their first Grey Cup in 18 years.

His exit, by contrast, was

almost the polar opposite.

Chick jetted south almost immediately on the heels of the infamous 13th-man debacle that cost Saskatchewan the 2009 Grey Cup.

The Riders struggled following his departure, losing the 2010 Grey Cup and following that with seasons of five and eight wins.

His return will be defined in a few short days. So far it's been a success, as he scored eight sacks in 2013 to tie for the team lead with Ricky Foley and Tearrius George.

"I couldn't imagine Chick playing in any other colour but green," said second-year Riders defensive back Terrell Maze. "But (Hamilton) would have had a great player and I'm sure glad he's with us."

A big part of Chick's job is mentoring the younger players on the team — guys like Maze, who came up with two of Calgary's seven turnovers in the West Division final.

"Having veterans like John Chick around means a lot because they've been there, they've done it, they understand the league," said Maze.

THE CANADIAN PRESS

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

|           | GP | W  | L  | OL | GF | GA | Pt |
|-----------|----|----|----|----|----|----|----|
| Boston    | 21 | 14 | 6  | 1  | 59 | 38 | 29 |
| Tampa Bay | 21 | 14 | 7  | 0  | 66 | 55 | 28 |
| Toronto   | 21 | 13 | 7  | 1  | 62 | 49 | 27 |
| Detroit   | 22 | 9  | 6  | 7  | 54 | 62 | 25 |
| Montreal  | 22 | 11 | 9  | 2  | 58 | 47 | 24 |
| Ottawa    | 22 | 8  | 10 | 4  | 63 | 71 | 20 |
| Florida   | 22 | 6  | 12 | 4  | 49 | 72 | 16 |
| Buffalo   | 23 | 5  | 17 | 1  | 42 | 72 | 11 |

#### METROPOLITAN DIVISION

|              | GP | W  | L  | OL | GF | GA | Pt |
|--------------|----|----|----|----|----|----|----|
| Pittsburgh   | 22 | 14 | 8  | 0  | 63 | 48 | 28 |
| Washington   | 22 | 12 | 9  | 1  | 69 | 63 | 25 |
| New Jersey   | 21 | 8  | 8  | 5  | 46 | 52 | 21 |
| NY Rangers   | 21 | 10 | 11 | 0  | 43 | 52 | 20 |
| Carolina     | 21 | 8  | 9  | 4  | 40 | 59 | 20 |
| Columbus     | 22 | 8  | 11 | 3  | 54 | 65 | 19 |
| NY Islanders | 22 | 8  | 11 | 3  | 63 | 73 | 19 |
| Philadelphia | 20 | 8  | 10 | 2  | 40 | 50 | 18 |

#### Thursday's results

St. Louis at Boston  
Nashville at Toronto  
Buffalo at Philadelphia  
Carolina at Detroit  
Chicago at Winnipeg 8 p.m.  
NY Rangers at Dallas  
Colorado at Phoenix  
Florida at Edmonton  
New Jersey at Los Angeles  
Tampa Bay at San Jose

#### Wednesday's results

Minnesota 4 Ottawa 3  
Pittsburgh 4 Washington 0  
New Jersey 4 Anaheim 3 (OT)  
Columbus 2 Calgary 1 (OT)  
Friday's games All Times Eastern  
Montreal at Washington, 7 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

|           | GP | W  | L  | OL | GF | GA | Pt |
|-----------|----|----|----|----|----|----|----|
| Chicago   | 22 | 14 | 4  | 4  | 79 | 66 | 32 |
| Minnesota | 23 | 14 | 5  | 4  | 61 | 53 | 32 |
| St. Louis | 20 | 14 | 3  | 3  | 70 | 47 | 31 |
| Colorado  | 20 | 15 | 5  | 0  | 64 | 42 | 30 |
| Dallas    | 20 | 11 | 7  | 2  | 58 | 56 | 24 |
| Winnipeg  | 23 | 10 | 10 | 3  | 61 | 66 | 23 |
| Nashville | 21 | 10 | 9  | 2  | 48 | 63 | 22 |

#### PACIFIC DIVISION

|             | GP | W  | L  | OL | GF | GA | Pt |
|-------------|----|----|----|----|----|----|----|
| Anaheim     | 24 | 15 | 6  | 3  | 75 | 63 | 33 |
| San Jose    | 21 | 13 | 3  | 5  | 72 | 50 | 31 |
| Phoenix     | 21 | 14 | 4  | 3  | 73 | 66 | 31 |
| Los Angeles | 22 | 15 | 6  | 1  | 63 | 48 | 31 |
| Vancouver   | 23 | 11 | 8  | 4  | 58 | 61 | 26 |
| Calgary     | 22 | 7  | 11 | 4  | 60 | 81 | 18 |
| Edmonton    | 23 | 6  | 15 | 2  | 60 | 83 | 14 |

**Note:** Two points for a win, one point for overtime loss.

NY Islanders at Pittsburgh, 7 p.m.  
Florida at Calgary, 9 p.m.  
Tampa Bay at Anaheim, 10 p.m.  
Columbus at Vancouver, 10 p.m.

#### Saturday's games

Carolina at Boston, 1 p.m.  
Minnesota at Winnipeg, 3 p.m.  
Pittsburgh at Montreal, 7 p.m.  
Washington at Toronto, 7 p.m.  
Ottawa at Detroit, 7 p.m.  
NY Islanders at Philadelphia, 7 p.m.  
NY Rangers at Nashville, 8 p.m.  
Dallas at St. Louis, 8 p.m.  
Anaheim at Phoenix, 8 p.m.  
Chicago at Vancouver, 10 p.m.  
New Jersey at San Jose, 10:30 p.m.  
Colorado at Los Angeles, 10:30 p.m.

## NBA

### EASTERN CONFERENCE

|              | W  | L | Pct  | GB |
|--------------|----|---|------|----|
| Indiana      | 10 | 1 | .909 | —  |
| Miami        | 9  | 3 | .750 | 1½ |
| Chicago      | 6  | 3 | .667 | 3  |
| Toronto      | 5  | 7 | .417 | 5½ |
| Atlanta      | 7  | 5 | .583 | 3½ |
| Charlotte    | 6  | 6 | .500 | 4½ |
| Philadelphia | 5  | 8 | .385 | 6  |
| Detroit      | 4  | 7 | .364 | 6  |
| Washington   | 4  | 7 | .364 | 6  |
| Orlando      | 4  | 7 | .364 | 6  |
| Cleveland    | 4  | 8 | .333 | 6½ |
| Boston       | 4  | 9 | .308 | 7  |
| New York     | 3  | 8 | .273 | 7  |
| Brooklyn     | 3  | 8 | .273 | 7  |
| Milwaukee    | 2  | 8 | .200 | 7½ |

### WESTERN CONFERENCE

|               | W  | L  | Pct  | GB |
|---------------|----|----|------|----|
| San Antonio   | 10 | 1  | .909 | —  |
| Portland      | 10 | 2  | .833 | ½  |
| Oklahoma City | 7  | 3  | .700 | 2½ |
| L.A. Clippers | 8  | 4  | .667 | 2½ |
| Golden State  | 8  | 4  | .667 | 2½ |
| Dallas        | 8  | 4  | .667 | 2½ |
| Houston       | 8  | 5  | .615 | 3  |
| Memphis       | 7  | 5  | .583 | 3½ |
| Minnesota     | 7  | 6  | .538 | 4  |
| Phoenix       | 5  | 6  | .455 | 5  |
| New Orleans   | 5  | 6  | .455 | 5  |
| L.A. Lakers   | 5  | 7  | .417 | 5½ |
| Denver        | 4  | 6  | .400 | 5½ |
| Sacramento    | 4  | 7  | .364 | 6  |
| Utah          | 1  | 12 | .077 | 10 |

x - clinched playoff berth; y - division; z - conference.

#### Thursday's results

L.A. Clippers at Oklahoma City

Chicago at Denver

#### Wednesday's results

Indiana 103 New York 96  
Washington 98 Cleveland 91  
Charlotte 95 Brooklyn 91  
Toronto 108 Philadelphia 98  
Miami 120 Orlando 92  
Atlanta 93 Detroit 85  
Portland 91 Milwaukee 82  
New Orleans 105 Utah 98  
L.A. Clippers 102 Minnesota 98  
San Antonio 104 Boston 93  
Sacramento 113 Phoenix 106  
Dallas 123 Houston 120  
Memphis 88 Golden State 81

## MLS PLAYOFFS

### CONFERENCE CHAMPIONSHIPS

(Two-game series; aggregate goals)

#### EASTERN CONFERENCE

##### KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game  
Houston at Kansas City, 7:30 p.m.

#### WESTERN CONFERENCE

##### REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game  
Real Salt Lake at Portland, 9 p.m.

## CFL PLAYOFFS

### 101ST GREY CUP

Sunday's game — All Times Eastern  
Hamilton at Saskatchewan, 6 p.m.

#### DIVISION FINALS

##### EAST DIVISION

Sunday's result  
Hamilton 36 Toronto 24

##### WEST DIVISION

Sunday's result  
Saskatchewan 35 Calgary 13

### Home sweet home

"This is where I played before. This was more like home to me.... There was no other answer for me."

John Chick, talking about his decision to play for the Roughriders.

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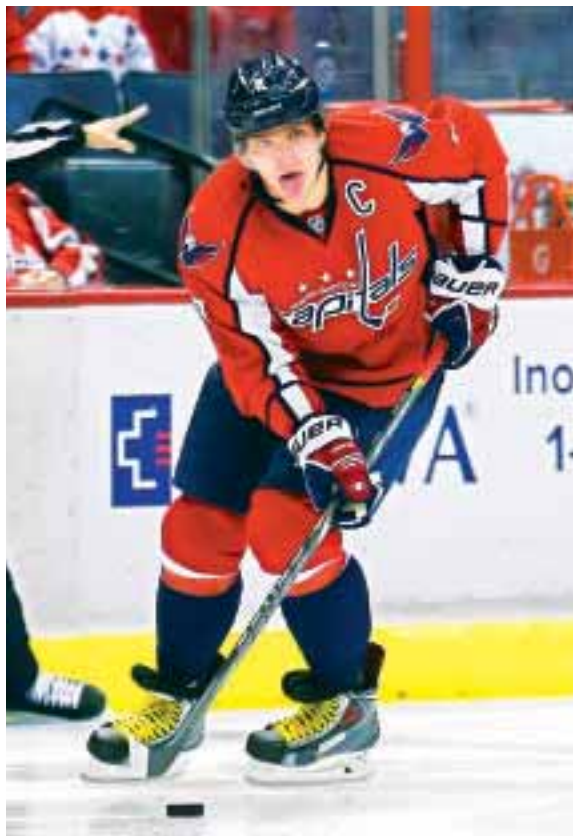
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Alex Ovechkin has 17 goals going into Friday night's game against the Canadiens. BRUCE BENNETT/GETTY IMAGES

# Capitals coach still working on relationship with Ovechkin

**NHL.** After a rocky time under Dale Hunter, the Washington star has warmed to the approach of his new bench boss

Adam Oates earned Alex Ovechkin's respect right away. Oates reached out to Ovechkin after getting the job as coach of the Washington Capitals in June 2012, establishing a connection

with the star captain that didn't exist under Dale Hunter. He capitalized on that by convincing Ovechkin to move to right wing last season, a switch that paved the way to Ovechkin winning the Hart Trophy as the league's most valuable player.

But Oates wasn't done cultivating a strong working relationship with

## Getting closer

**"He wants to know everything about us, about me personally. He met my family, as well, last year."**

Alex Ovechkin, talking about his coach Adam Oates.

his captain. Last summer, he flew to Russia to spend some time away from the rink and in Ovechkin's environment as a thank you for believing in the position change.

"I went there because he did something for the organization, for me and the staff, that he didn't have to do, in my

opinion," Oates said Wednesday.

Ovechkin owes Oates for helping him reinvigorate his career after becoming somewhat stale and predictable. His goal production was still better than much of the league — 32 in 2010-11 and 38 in 2011-12 — but he wasn't the game-changing superstar who broke into the league and piled up the awards.

"He wants to know the guys," Ovechkin said. "He don't want to do only training and be at the ice rink and show us video. He wants to know everything about us, about me personally. He met my family, as well, last year. It's good." **THE CANADIAN PRESS**

## NHL. Preds rookie Jones making push for Sochi

It didn't take long for Seth Jones to learn a hard lesson about playing defence in the NHL, courtesy of Detroit Red Wings star Pavel Datsyuk.

"Datsyuk put it through my legs and I almost fell and broke my ankles," Jones said. "That was kind of a welcome to the (NHL) moment."

In addition to providing the highly touted Nashville Predators rookie defenceman with a reality check, it also gave him a preview of the level of play the Olympics could provide. Even at 19 years old Jones is on the United States' radar for Sochi, something he's trying not to think about despite the fact his general manager, David Poile, is the man making the decision.

"I've been focused on the Nashville Predators and what I can do to help us win," Jones said Thursday afternoon. "First I had to make the team, and I did that. I'm still focused on the Predators right now, but if I get the opportunity to go over to Sochi it would be a huge honour and very exciting."

Jones was invited to U.S. Olympic orientation camp in August after being the No. 4 pick in the draft, and he is reportedly one of 12 defencemen being considered for eight spots.

Jones has two goals with



Predators rookie Seth Jones  
GETTY IMAGES

the Preds — including a game-winner in Montreal — and six assists, and more importantly leads all rookies in ice time at 23:59 a game.

Nashville coach Barry Trotz figured Jones could be his No. 5 defenceman this season. More than 20 games in, Jones is a front-runner for the Calder Trophy.

"I always say the point-one-per-centers are going to play right away," Trotz said. "Seth came in and I didn't know exactly how well he would be able to translate to the National Hockey League.... He really has a lot of poise, a lot of maturity toward his game on and off the ice." **THE CANADIAN PRESS**



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## World Cup qualifying

### Pro-Nazi chants lead to FIFA fine

Croatia's public prosecutors have fined defender Joe Simunic for pro-Nazi chants after the national team's World Cup qualification.

Croatia reached the World Cup with a 2-0 win over Iceland on Tuesday. Simunic took up a micro-

phone on the field after the match and shouted to fans: "For the homeland!" The fans responded: "Ready!"

The call was used by the Croatian pro-Nazi puppet regime that ruled the state during World War II.

The prosecutor office fined Simunic \$4,300 on Thursday for "spreading racial hatred." It said he was aware this was the call used by the WWII regime.

**THE ASSOCIATED PRESS**



Joe Simunic THE ASSOCIATED PRESS

## NFL. Wes Welker returns to practice

Wes Welker returned to practice Thursday for the first time since leaving Sunday's game against Kansas City with a concussion.

Also back in action was tight end Julius Thomas (right knee). Both were limited as the Broncos (9-1) practiced in snowy, -6 C weather, which interim head coach Jack Del Rio called a "blessing" as his team prepares for Sunday's game at chilly New England (7-3).

Welker, who passed his baseline concussion test earlier in the week, wasn't allowed any contact work. He'll get to do that Friday if all goes well.

He said he's hopeful he'll be able to play against his former team.

"I want to be out there," Welker said. "I mean, there are not too many games I've missed in my whole career and I love playing the game, especially in big atmospheres like this. So, I'm doing everything possible in my power to make sure that I get the opportunity to play in a game like this."

**THE ASSOCIATED PRESS**

A person in a stadium, seen from behind, with their arms raised in celebration. The background is a blurred stadium filled with spectators.

# **GO RIDERS GO**

## **GOOD LUCK ON SUNDAY**

metro 

## Horoscopes

## ♈ Aries

March 21 - April 20

As the Sun moves into your fellow Fire sign of Sagittarius today, your confidence will come flooding back and you will wonder why you doubted yourself. If you like the idea of travelling, now is the time to pack a bag and just go.

## ♉ Taurus

April 21 - May 21

Money matters will be on your mind over the next few days and you must do whatever it takes to make sure your cash stays in your pocket. Don't let anyone fool you into believing you can get rich quick.

## ♊ Gemini

May 22 - June 21

You like to get your way and most of the time you do but today, let the other guy win. You will need other people's co-operation over the next few weeks to get what you need, so give them what they need too.

## ♋ Cancer

June 22 - July 23

Slow down before you burn yourself out. That is the message of the planets today and if you are wise you'll heed it. Not even a go-getting Cancer can keep up this pace forever.

## ♌ Leo

July 24 - Aug. 23

You may want to get back at people who have let you down but is it worth the effort? No it is not. Within a matter of hours you will have more important things to take care of. Let it go.

## ♍ Virgo

Aug. 24 - Sept. 23

Loved ones will be touchy today, so don't say or do anything that might make them even more angry. If you poke, they'll poke back harder.

## ♎ Libra

Sept. 24 - Oct. 23

A more light-hearted phase begins for you today as the Sun changes signs. Money, work and family worries won't disappear immediately but you won't have sleepless nights.

## ♏ Scorpio

Oct. 24 - Nov. 22

The Sun leaves your birth sign today but you haven't missed your chance to make your mark. On the contrary, over the next few weeks you will get the chance to build on foundations that have been laid.

## ♐ Sagittarius

Nov. 23 - Dec. 21

As the Sun moves into your birth sign today, you have every right to follow your heart. Life is too short to worry what other people think. Just do what comes naturally and enjoy every moment.

## ♑ Capricorn

Dec. 22 - Jan. 20

There is so much that needs changing in your life but where do you start? The most obvious place is inside your head. Make clear what it is you most desire and how you can get it.

## ♒ Aquarius

Jan. 21 - Feb. 19

You may be desperate to make a good impression on colleagues but you are more likely to do so if you take on just one task at a time. Focus on what really matters.

## ♓ Pisces

Feb. 20 - March 20

The Sun crosses the career angle of your chart today. Among other things, that means you will get the chance to show what you can do. Know what you are aiming for.

SALLY BROMPTON

## Crossword: Canada Across and Down

## Across

1. President remembered today
8. Sorting systems in medical emergencies
15. Gathered, as information
16. Most strange
17. 1995 Natasha Henstridge Sci-Fi movie
18. Church assistant
19. Tiny tallness
20. Go across
21. Body of water
22. Doom's pal
25. Above
26. Unwanted plant
27. Tractor trailer
28. Valuable virtue
30. Like an in-the-garden squirmer
31. Listeners
33. Bug
34. Comic character's cry!
35. REGINA: Big sports crowd this weekend, The 101st: 3 wds.
41. Towels holder
42. Go downhill
43. City sign's light
44. Self-righteous
47. Devoutness
49. Avant-garde artist Yoko
50. Riviere-du-\_\_\_\_, Quebec
51. George of "CSI: Crime Scene Investigation"
52. Painting studio sight

54. TV commercials
55. Scarce
56. Lass
57. Sodium \_\_\_\_
59. Pensive
63. Dough prepper
64. Gush about
65. Religious lectures
66. Type of weapon

## Down

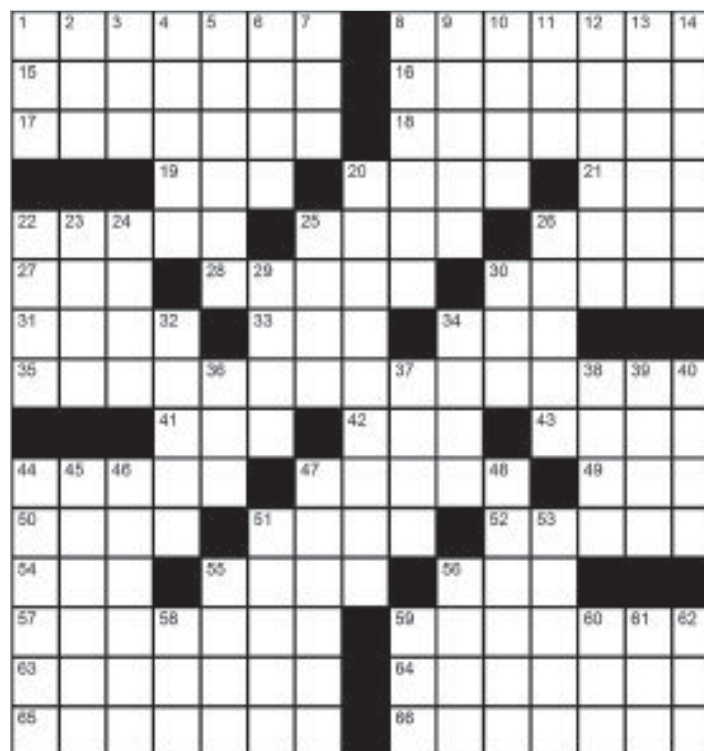
1. Li'l metric weights
2. "Lucky Man" gr.
3. Society pages word
4. Tortilla treat
5. Conundrum
6. Bug repellent ingredient
7. Fabric store measurements, for short

8. Crochet a cozy for one
9. Sports play summary
10. Laundry room appliance
11. Garlic: French
12. Yellowstone at-

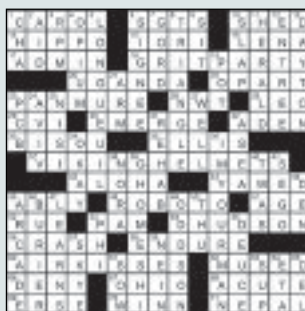
- traction
13. Self-\_\_\_\_
14. Calm
20. Move out of the way: 2 wds.
22. Marcia's TV brother
23. Untruth
24. Monster

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN



## Yesterday's Crossword



## Sudoku

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 9 | 4 | 5 | 2 | 1 | 8 | 7 |
| 8 | 2 | 4 | 7 | 9 | 1 | 3 | 6 | 5 |
| 7 | 1 | 5 | 3 | 8 | 6 | 9 | 2 | 4 |
| 6 | 5 | 1 | 2 | 3 | 9 | 7 | 4 | 8 |
| 2 | 9 | 7 | 8 | 1 | 4 | 6 | 5 | 3 |
| 4 | 3 | 8 | 5 | 6 | 7 | 2 | 9 | 1 |
| 1 | 8 | 2 | 9 | 4 | 3 | 5 | 7 | 6 |
| 5 | 7 | 3 | 6 | 2 | 8 | 4 | 1 | 9 |
| 9 | 4 | 6 | 1 | 7 | 5 | 8 | 3 | 2 |

|   |  |   |   |   |   |   |  |   |
|---|--|---|---|---|---|---|--|---|
| 4 |  | 1 |   |   |   | 9 |  | 7 |
| 2 |  | 7 |   | 1 |   | 8 |  | 3 |
|   |  |   | 3 |   | 9 |   |  |   |
|   |  | 9 | 4 |   | 2 | 3 |  |   |
|   |  |   |   |   |   |   |  |   |
|   |  | 2 | 7 |   | 3 | 5 |  |   |
|   |  |   | 6 |   | 8 |   |  |   |
| 1 |  | 6 |   | 9 |   | 4 |  | 8 |
| 8 |  | 5 |   |   |   | 2 |  | 6 |

Today

 -17°/-21°  
Partly cloudy

Saturday

 -9°/-11°  
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